



Plan Your Event

Apple Crunch is not a "one-size-fits-all" event. Activities vary from school to school, group to group, and even state to state. The following ideas provide a number of exciting ways your organization can participate in the festivities!

Apple Crunch Celebration Ideas:

- Bring celebrations to the classroom. Organize a storybook reading of "Johnny Appleseed" and choose lessons that promote the importance of making healthy, easy snack choices.
- Host a cafeteria-wide crunch. Students and teachers can count down to take a bite of an apple.
- Coordinate fun challenges and games to increase physical education. Healthy choices
 include the decisions students make in eating and exercising. <u>Have fun with Apples</u>.
- Partner with your local community organizations. They are a great resource to provide apples and promote apple crunching activities.
- Take a field trip. A local orchard, farmer's market or grocer can provide a hands on experience to promote apples and apple products (applesauce, juice, and cider) as a healthy snack. <u>Find a local orchard.</u>
- Create a recipe share of apple related snacks and drinks. This is a great way to involve school administration, teachers, other staff, students and families. <u>Click here for recipe</u> <u>ideas.</u>

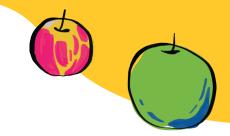
Apple Activities and Lessons:

- Pinterest Apple Worksheets
- Pinterest Apple Activities
- Pinterest Apple Artwork Ideas
- Pinterest Apple Recipes
- ChooseMyPlate
- Pennsylvania Apples Pick Your Own
- PA Preferred
- Register for the PA Farm to School Newsletter
- Article: The Benefits of Fruit, Fun Serving Ideas + When They're In Season











Resources:

- MyPlate.gov
- Giant Guiding Stars
- Nourish middle school curriculum
- Action for Healthy Kids Healthy Parties
- Action for Healthy Kids Healthy Fundraising
- Garden resources
- Garden to Cafeteria Toolkit
- Garden Grant Program
- How Host a Taste Test

